



# Hepatitis C Quiz

This quiz will help you learn more about hepatitis C. First, read each statement and try to decide if it is “true” or “false.” Then read the correct response.

**Statement 1. Hepatitis C virus (HCV) causes severe liver disease in everyone who has it.**  
True or False?

**Answer: False**

While HCV causes some liver disease in almost everyone who has it, the disease is usually not severe. People with hepatitis C need to see a doctor often to make sure that it isn't getting worse.

**Statement 2. You can only get HCV by injecting drugs.**  
True or False?

**Answer: False**

It's true that if you share needles or works to inject drugs, or if the needle you use isn't brand new, you have a high chance of getting HCV. But that isn't the only way you can get HCV. Talk with your VA health care provider if

- you wish to be tested, or
- you are a Vietnam-era veteran
- you had a blood transfusion before 1992
- you have injected drugs (past or present)
- your skin or mucous membranes have been exposed to another person's blood
- you have had multiple sexual partners
- you were on hemodialysis
- you had tattoos or repeated body piercings
- you have a history of snorting cocaine
- you have unexplained liver disease
- you have unexplained/abnormal ALT
- you have a history of drinking alcohol excessively

**Statement 3. You can have HCV and not even feel sick.**  
True or False?

**Answer: True**

You can have HCV for many years and not feel any symptoms at all. Or you might mistake your symptoms for something else. The only way your doctor can tell if you might have hepatitis C is to do a test on your blood. Please refer to the If you Have Hepatitis C (HCV Infection) brochure of this HCV Educational Series for more information.

**Statement 4. HCV is spread through dirty food and water.**  
True or False?

**Answer: False**



HCV is not spread through food or water. It is mainly spread through the blood. If you answered “true,” you are probably confusing hepatitis C with hepatitis A. Hepatitis A is spread through dirty food and water, but hepatitis A is caused by a different virus than hepatitis C and is a different kind of disease. Because HCV is mainly spread through the blood, you don’t have to worry about getting it through casual contact. No one can get HCV by sneezing, hugging, coughing, food or water, sharing eating utensils or drinking glasses or through casual contact .

**Statement 5. I can protect myself from getting HCV.**

True or False?

**Answer: True**

There are lots of things you can do to keep from getting HCV. The most important is to avoid other people’s blood, or things that might have other people’s blood on them. For example:

- **Don’t inject drugs**

If you do inject drugs, use a clean needle every time, and never share your works with anyone else. Ask your doctor how you can get off drugs.

- **Practice safer sex**

It’s not easy to get HCV in most sexual situations, but it is not impossible. If you only have one sex partner, most likely you do not need to change your current sexual habits. If you have more than one partner, you should use a condom (rubber), when you have sex. Even with only one sex partner, you may choose to use condoms to minimize the risk of transmission. Talk with your partner about HCV, HIV and other sexually transmitted diseases.

- **If you are a health care worker, observe standard precautions**

Follow routine universal precautions and handle needles and other sharps safely. Report every needle stick or other work-related injury on the job.

- **Don’t share personal items that might have blood on them such as razors, toothbrushes, or personal medical supplies**

**Statement 6. There is no vaccine to prevent from getting HCV.**

True or False?

**Answer: True**

Doctors are trying to find a vaccine for HCV. Until they do, the best way to protect yourself from HCV infection is to follow all the suggestions above. You can get a vaccine for the hepatitis A virus (HAV) and the hepatitis B virus (HBV). If you think you are at risk for HCV, it might be a good idea to get HAV and/or HBV vaccines. Ask your doctor for more information.

**Statement 7. As a veteran, I can be tested for hepatitis C at the VA.**

True or False?

**Answer: True**

Any veteran who wants a test for hepatitis C can get one, just by making an appointment. The test is very simple and you can find out the results within a week or two. Call your local VA Medical Center for more information.

**Who can I call for more information?**

- **Your local VA medical center**

and visit <http://www.va.gov/hepatitisc>

- **The Centers for Disease Control & Prevention (CDC)**

(888) 4HEPCDC [(888) 443-7232] and visit <http://www.cdc.gov/ncidod/diseases/hepatitis>

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